

## ***Abstrakt***

**Title:** Designing compensation program for downhill skiers

**Goal:** main objective is creating a compensatory training plan in a form of appropriate sample of a compensation exercises based on modified kinesiology analysis and incorrect postural variations findings.

**Method:** descriptive essay observing particular cases (casuistry) related to each tested individual.

**Results:** The influence of downhill skiing on a human posture was proven to be positive in a sense of overloading specific components of kinetic apparatus. In a survey was also shown number of characteristical muscular disbalances which we used for designing compensational program in order to correct these disbalances.

**Key words:** downhill skiing, incorrect postural variations, compensation exercises